

OKINAWA MARINE

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Japan defense, ministry officials experience Osprey simulator

Cpl. Anne K. Henry
OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA—Members of the Okinawa Defense Bureau and Ministry of Foreign Affairs visited Marine Corps Air Station Futenma Jan. 28 to experience flight operations in an MV-22B Osprey tiltrotor aircraft via flight simulator.

Visits like these create opportunities to improve communication and build upon already existing relationships between the Marine Corps and its host nation.

“These visits allow us the opportunity to share what our capabilities and missions are on Futenma,” said Col. James G. Flynn, the commanding officer of MCAS Futenma, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

see **SIMULATOR** pg 5



Maj. John P. Arnold (left) teaches Toshihiko Matsumoto how the controls of an MV-22B Osprey tiltrotor aircraft work in a flight simulator Jan. 28 during a visit by Japan defense officials to Marine Corps Air Station Futenma. The simulator allowed the visiting officials to see the importance of the aircraft and the level of training the pilots undergo. Matsumoto is the deputy director general with the Okinawa Defense Bureau, and Arnold is the current operations officer with Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Cpl. Anne K. Henry

Installation tours give perspective

Cpl. Adam B. Miller
OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA—Officials from the Ministry of Foreign Affairs of Japan toured Marine Corps Air Station Futenma Feb. 4 as part of a three-day visit of the installations on Okinawa.

The purpose of the visit was to familiarize the officials with the various Marine Corps installations throughout Okinawa and to provide a better understanding of daily operations that take place here.

“In Tokyo, we get our news of what’s going on in Okinawa from the media, so we are

see **TOUR** pg 5

Marines host firefighter rodeo



SEE PAGE 9 FOR STORY & PHOTOS

Ryuta Arashiro runs toward the finish line during a friendly competition between firefighters from Ginowan City Fire Department and Marine aircraft rescue and firefighting specialists with Headquarters and Headquarters Squadron and Marine Wing Support Squadron 172 Jan. 31 at Marine Corps Air Station Futenma. The firefighters spent the day competing against each other in a series of timed events based around daily firefighting skills. Arashiro is a firefighter with the Ginowan City Fire Department. H&HS is with MCAS Futenma, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. MWSS-172 is with, Marine Wing Support Group 17, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Lance Cpl. Stephen D. Himes

3rd Maintenance Battalion completes exercise at Kin Blue

Lance Cpl. Pete Sanders
OKINAWA MARINE STAFF

KIN BLUE, Okinawa—Members of 3rd Maintenance Battalion participated in Maintenance Exercise 14-1 Jan. 27 to Feb. 1 at the Kin Blue Training Area near Camp Hansen.

During the exercise, the Marines conducted recovery operations, rear-area security and base defense operations, and various maintenance tasks in preparation for future missions.

The exercise aimed to give the Marines an opportunity to polish their skills in a field environment to better support future missions, according to Cpl. Lucas J. Morales, the mechanical section head for 3rd Maintenance Bn., Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine

Expeditionary Force.

“We go out there to support other units, which means if we’re going to maximize the upcoming (missions), we need to have our primary jobs down,” said Morales.

On paper, maintenance battalions do not typically perform many of the logistics-related tasks covered in the exercise, according to Maj. Keith G. Nunn, the 3rd Maintenance Bn. commanding officer. Due to the volume of exercises in the area, 3rd Maintenance Bn. is part of a rotation with logistics units (including Supply Battalion, 9th Engineer Support Battalion and Combat Logistics Regiment 3, all with 3rd MLG) to help make the exercise requirements more manageable.

see **MTX** pg 5

ADM. LOCKLEAR LIVE TODAY ON AFN

Tune-in at 3 p.m. to 89.1 FM to 648 AM to listen to the USPACOM commander as he discusses humanitarian issues in the region.

IN THIS ISSUE

MARINES COMPLETE DISASTER- PREPAREDNESS EXERCISE

PG. 6-7

National Children's Dental Month: Protecting children from tooth decay

Lt. Maria Sanchez Thompson

Tooth decay can be painful and may be preventable with proper home care and regular dental visits. According to the American Academy of Pediatric Dentistry, untreated tooth decay may interfere with eating, speaking, learning and daily activities. Many parents tell their kids not to eat candy simply because it will cause cavities, but it is important to keep in mind that what and when children eat affects both their oral health and general health.

Tooth decay develops as a result of several factors: frequent exposure to a high-sugar diet, frequent snacking, the presence of acid-producing bacteria, poor oral hygiene, and lack of fluoride exposure.

Many foods today contain large amounts of sugar or carbohydrates, and these "junk" foods have taken the place of healthier options. The American Dental Association reports that the average teenage boy drinks about 81 gallons of soft drinks per year! A much healthier option would be drinking water or milk. Water is not only good for dental health, but total body health as well.

Choosing healthy snacks such as apples, celery, carrots or other fruits and vegetables over candy, cookies and potato chips can also reduce the amount of sugar in the diet. You're probably asking, why focus on all this sugar?

The mouth naturally contains bacteria that use the sugars in the food that we eat to produce acid. This acid can break down the teeth and cause the formation of cavities. Frequent snacking exposes our teeth to more frequent "acid attacks," demineralization and puts our teeth at higher risk for the development of cavities.

When a child's teeth first erupt, there are no bacteria in the mouth. The cavity-causing bacteria are usually introduced to the child from the parent through saliva-sharing behaviors such as sharing food or spoons. The bacteria then attach to teeth through a sticky substance called plaque. By avoiding some of these behaviors combined with good oral hygiene for the entire

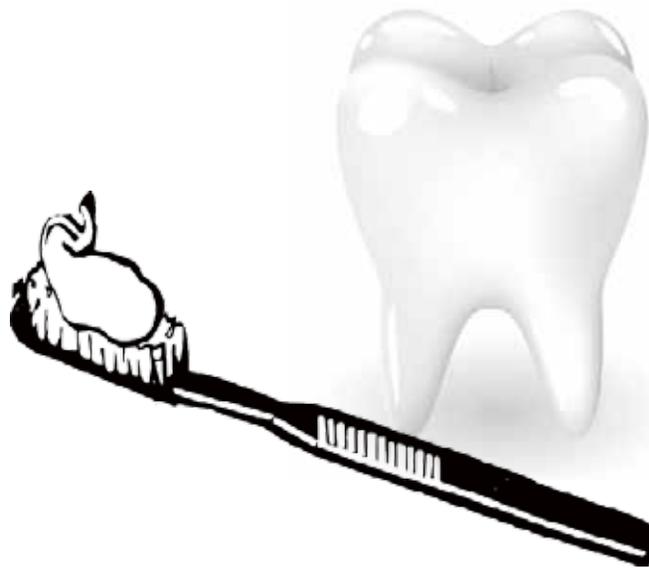
family (brushing twice a day and flossing daily), helps to limit the exposure to cavity-causing bacteria in children.

Cavities develop when the demineralization process due to "acid attacks" becomes greater than the repairing process, remineralization. Fluoride can help promote the remineralization of the tooth, protecting it from cavity formation. The simplest and most effective means to ensure your child receives the optimal amount of fluoride is to drink fluoridated bottled water available at installation commissaries or exchanges. Read the label to ensure you are purchasing water with a fluoride level of 0.7 to 1.2 parts per million. Your dentist is available to help you determine what source and amount of fluoride is best for your family here on Okinawa.

(Okinawa does not fluoridate public drinking water supplies.)

Remember, a healthy mouth is essential for a healthy mind and body.

Thompson is a dentist with 3rd Medical Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force.



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Marines with 1st Battalion, 9th Marine Regiment, execute live-fire rocket training Jan. 31, at a rocket range outside of Camp Leatherneck, Helmand province, Afghanistan. The Marines used the opportunity to keep their skills sharp on the different weapons systems. 1st Bn., 9th Marines is currently assigned to 8th Marines, 2nd Marine Division, II Marine Expeditionary Force (forward). Photo by Sgt. Eric S. Willterdink



A soldier with the Japan Ground Self-Defense Force jumps out of a CH-46E Sea Knight helicopter while conducting helocast training with 1st Reconnaissance Battalion during Exercise Iron Fist 2014 Jan. 27 aboard Naval Amphibious Base Coronado, Calif. Iron Fist is an amphibious exercise that promotes military interoperability and hones individual and small-unit skills through challenging, complex and realistic training. 1st Recon Bn. is with 1st Marine Division, I Marine Expeditionary Force. Photo by Cpl. Emmanuel Ramos

AROUND THE CORPS



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CENTRAL BUREAU
Camp Foster
DSN 645-9335

NORTHERN BUREAU
Camp Hansen
DSN 623-7229

SOUTHERN BUREAU
Camp Kinser
DSN 637-1092



Winner, 2012 DoD Thomas Jefferson Award
Best Tabloid Format Newspaper

Marines look to space during NSOC

Cpl. Lena Wakayama

OKINAWA MARINE STAFF

CAMP KINSER—U.S. service members participated in the Naval Space Operations Course put together by Navy Cyber Forces and supported by Naval Network Warfare instructors Jan. 27-29 at Camp Kinser.

The term space refers to the expanse beyond the earth's atmosphere and the capabilities that exist through satellites that orbit the planet.

"The intent of the course is to raise the overall awareness of the range of space capabilities that exists to support war fighters," said John Herron, an NSOC instructor. "It improves their use of those space capabilities and their understanding of potential vulnerabilities."

The students in the course came from a variety of military occupational specialties and had little knowledge on the topic of space research and development.

"The main thing the class (entails) is baseline knowledge as far as the fundamentals of how space works," said Capt. Andy Novario, an NSOC instructor. "Essentially this course is meant to form a baseline of knowledge because the Marine Corps is in the early stages of understanding of how space can help the war fighter."

NSOC is a three-day course and is unique in the Department of Defense. The mobile course allows the training team to teach service members who may not be able to travel back to the U.S.

"We are willing to travel around, which makes it easier, especially here in the (Pacific Command area of operations)," said Novario. "We made it so that we have three or four instructors that travel out here, which is much more cost efficient than sending 20 people back to the States."

The course was created for Navy carrier strike groups, but there is a Marine on staff and

a section in the handbook dedicated to Marine operations, according to Maj. Brian C. Anderson, the III Marine Expeditionary Force space operations officer.

"We talked about tailoring to Marine operations because not everything we do (involves naval warfare)," said Anderson. "Communications are a big deal to command and control the forces during an amphibious operation. Going from ships to objectives gives us unique problems."

The course also covered other topics that can affect communication capabilities in relation to the students' needs.

"We tailor the course to the interest or concerns of the students," said Herron. "We're constantly updating all of the presentations that we use."

This evolution of the course included a practical application exercise in the afternoon of the final day, allowing the students to apply the knowledge they learned during the course to a planning scenario.

"When they're doing a normal planning scenario, they can see where they have been leaving things out," said Herron. "They can see what (they) should be considering, what they hadn't thought of, and how that will change the scenario and their plan."

The continued Marine Corps involvement with Navy Cyber Forces and Naval Network Warfare Command is very important to the future success of this program, according to Anderson.

"There is a space (Marine Air-Ground Task Force) and a space plans branch at Headquarters Marine Corps," said Anderson. "It's a long-term goal to have them continue to influence the course. That way, when (the Marine Corps) requests it, it's not just Navy Cyber and Naval Network Warfare funding it. There is a component to it that is service driven."

BRIEFS

MARRIAGE ENRICHMENT RETREAT

The Chaplains Religious Enrichment Development Operation is hosting a marriage enrichment retreat March 5-7 at the Kafuu Resort.

To register, go to <http://www.mcc-sokinawa.com/CREDO>. Complete registration forms can be submitted to CREDO.mcbb.fct@usmc.mil.

For more information, call 645-3041.

FY14 CLOSEOUT CONTRACTING GUIDANCE

The Marine Corps Installations Pacific Regional Contracting Office has published the fiscal year 2014 closeout contracting guidance.

Please visit Marine Corps Base Camp Smedley D. Butler, G-1, or the RCO intranet sites to view the MCIPAC bulletin.

For more information, call the regional contracting officer at 645-8599.

RESERVE OPPORTUNITIES

The Marine Corps direct affiliation program, MARADMIN 419/13, affords highly qualified active component Marines, enlisted and officer, the opportunity to affiliate with a Selective Marine Corps Reserves (SMCR) unit following their end of active service.

The program provides Marines with a no-cost six-month extension of their existing health care benefits.

Eligible Marines may also apply for any relevant incentives, to include: affiliation bonus, composite score bonus points or the retraining program in conjunction with the request.

Marines requesting the 12-month early release per MARADMIN 366/13 for officers and MARADMIN 330/13 and 662/13 for enlisted are eligible to participate in the direct affiliation program.

For more details, call Staff Sgt. Brian Joseph 622-6004 or email brian.joseph@usmc.mil.

CONSTRUCTION ON EXPRESSWAY

Maintenance work is ongoing between Okinawa Expressway Yaka (Exit 7) and Kin (Exit 8) interchanges through March 31.

A section of the highway will have reduced lanes and no center divider. Traffic congestion is expected during peak commuting hours and major events.

TO SUBMIT A BRIEF, send an email to okinawamarine.mcbb.fct@usmc.mil. The deadline for submitting a brief is noon Wednesday. Okinawa Marine reserves the right to edit all submitted material.

Ceremonial tree planted in Kin Town



Tsuyoshi Gibu, rear, Col. Stephen B. Lewallen Jr., front, and Sgt. Maj. Howard L. Kreamer plant a ceremonial Christmas tree on Camp Hansen Jan. 30. The tree was planted as a symbol of friendship between the local community of Kin Town and Camp Hansen. The tree will be used in future annual tree-lighting ceremonies. Gibu is the Kin Town mayor, Lewallen is the Camp Hansen commander, and Kreamer is the Camp Hansen sergeant major. Photo by Cpl. Anne K. Henry

Corpsmen perfect lifesaving steps

Pfc. Donald T. Peterson

OKINAWA MARINE STAFF

CAMP FOSTER—Twenty-six corpsmen with various units within the III Marine Expeditionary Force participated in a forward resuscitative care course Jan. 27-30 at the Simulated Trauma Advanced Training Center on Camp Foster.

“The purpose of the course is to familiarize medical personnel in the functional areas of collecting, clearing, treating, holding and evacuation of casualties,” said Petty Officer 3rd Class Brendan Tran, the lead instructor for the STAT Center. “This is done at the (second echelon of care, which is) the next step above tactical combat casualty care. It’s where personnel use the primary and secondary survey to care for patients with life-threatening injuries.”

The four-day course started and ended with a simulated, mass-casualty event, to test the corpsmen’s skill development during the course.

“With people from different backgrounds of work, such as the hospital (corpsman) or a (field) corpsman who has been to combat, (we have people who) all respond differently to a mass casualty,” said Tran. “By doing the first (event), we can see where the corpsmen need to improve throughout the course ensuring they are fully ready. The second is for the (students) to see their improvements, as well as the new skills they gained from the course.”

The course is also designed to bring corpsmen together and teach them how to work as a team.

“We’re not as worried about the medical aspect



Corpsmen evacuate a simulated casualty Jan. 30 at the Simulated Trauma Advanced Training Center on Camp Foster. The corpsmen are participating in the forward resuscitative care course, which is designed to bring corpsmen together and teach them how to work together as a team, as well as to help set a single standard across the board between all the branches of service. The corpsmen are with various units within III Marine Expeditionary Force. Photo by Pfc. Donald T. Peterson

as much as teaching them how to work well as a team,” said Petty Officer 3rd Class Aaron W. Cross, a corpsman and instructor at the STAT Center. “It’s important for the corpsmen to know how to work as a team, or take charge of a team, to help get casualties the treatment they need. When they’re downrange, they could be with other corpsmen they’ve never met before and have to learn to use each other’s skills to help save someone’s life.”

The course is available for all service branches

to participate in with hopes that this training will lay a foundation for successful, future working relationships.

“We try to train as many Marines, airmen, soldiers and sailors as possible,” said Tran. “This helps set a single standard across the board. By training them all, they will all work under the same procedures and do the job the same way when they go downrange. So if something happens, we can get help from our counterparts.”

III MEF leaders meet, advance effective leadership

Lance Cpl. Diamond N. Peden

OKINAWA MARINE STAFF

CAMP FOSTER—Officers and senior enlisted Marines and sailors met as participants during the annual III Marine Expeditionary Force Senior Leaders Workshop Jan. 29-31 on Camp Foster.

Throughout the conference, the participants discussed current leadership issues and equal opportunity concepts to improve upon their leadership capabilities.

The topics covered in the workshop included: socialization and values; dynamics of power, sexism and sexual harassment; leading a culturally diverse workforce; and contemporary equal opportunity issues under the theme of ‘Knowledge of Self: The Highest Form of Leadership.’

“Leadership is a privilege, not a right,” said Gunnery Sgt. Brandun L. Schweizer, the equal opportunity advisor for 3rd Marine Division, III Marine Expeditionary Force. “It’s important to know yourself because it’s hard for you to take the way that you were raised, the way you were socialized, and be able to go out and make sound decisions without letting any (distractions) get in the way.”

Knowing yourself and seeking self-improvement is a widely looked upon principle in the Marine Corps, that aids in the process of being an effective leader.

“Being a leader doesn’t necessarily mean you know all the answers, but that you will go out and seek those answers, so that you can lead your office to the intended place it needs to be,” said Master Sgt. Joseph L. Rice, the communications chief for Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. “We can only do that by involving everyone and taking advice from others.”

Throughout the seminar, the participants were challenged to see beyond their way of thinking and explore how to effectively communicate with subordinates, according to Chief Warrant Officer John W. Crandall, assistant operations officer for Camp Hansen.

“It’s the body itself that makes everything happen, but it’s the leaders that

guide it,” said Crandall. “You (either) succeed or fail by your leadership. By being more (knowledgeable) and sound leaders we bring more to the table, and we can be more equal when we engage others.”

After three days of discussion, the conference left the participants confident in the leadership skills they had built on, according to Rice.

“Having conferences like this benefits the Marine Corps as a whole,” said Rice. “It’s easy to say something, but in order to do something you have to know where you stand. If you don’t know where you stand, how can you look and see someone else and try to bring out the best in them? It’s paramount that you know yourself before you try to lead someone else.”



Col. Eric M. Mellinger presents Master Gunnery Sgt. Rodney W. Lowe with his course completion certificate Jan. 31 at the conclusion of the III Marine Expeditionary Force Senior Leaders Workshop. Lowe is the staff noncommissioned officer in charge of the supply management unit storage with 3rd Supply Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force. Mellinger is the III MEF chief of staff. Photo by Lance Cpl. Diamond N. Peden

TOUR from pg 1

here to see the facilities and get a better idea of the operations that take place for ourselves,” said Kazumichi Nagaoka, a deputy director with the Ministry of Foreign Affairs of Japan’s Status of Forces Agreement Division.

The officials from the toured and were given presentations at Camps Kinser, Schwab, Foster, Hansen and MCAS Futenma during their visit to Okinawa.

“Like all (of the visits I host), I hope our guests leave with an appreciation and understanding of why (the Marine Corps’ presence at MCAS) Futenma is important,” said Col. James G. Flynn, the commanding officer of MCAS Futenma. “Contrary to what is in the (local media), MCAS Futenma has a good relationship with the community, communicating almost daily with the Ginowan mayor’s office. We do our best to be good neighbors.”

The guests were given a presentation about various topics

regarding routine installation operations, which included MCAS Futenma’s primary mission: the aircraft employed there, humanitarian and disaster relief response capabilities in the Asia-Pacific region, and the installation’s community relations program, among other topics.

“The relationship is very different than what is relayed in the local media,” said Kanzo Kawaguchi, an official with the MOFA’s Okinawa Liaison Office. “I think the visitors were very surprised with what they saw, and I think they now have a clearer picture of the (Marine Corps’ presence) and the efforts they make in regard to community relations.”

MCAS Futenma, along with the other installations on Okinawa, has numerous community outreach and relations programs in place tailored specifically to improve upon and maintain the relationship between the Marines and local communities of Okinawa.

“Seeing is believing,” said Nagaoka. “I have never seen the



Col. James G. Flynn gives a presentation Feb. 4 to officials from the Japan Ministry of Foreign Affairs at Marine Corps Air Station Futenma. The purpose of the presentation was to familiarize the officials with the various Marine Corps installations throughout Okinawa and gain a better understanding of the day-to-day operations that take place here. Flynn is the commanding officer of MCAS Futenma, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. Photo by Cpl. Adam Miller

facilities or the operations that take place here firsthand, so I am grateful for the opportunity because we now have a better perspective of what takes place

on Okinawa.

“I think it is clear that (the Marines) are working hard to deepen the relationship with the community and the (US-Japan) alliance.”

SIMULATOR from pg 1

“(It also) allows us to reinforce that we are in support of the alliance and that we are conducting operations here safely.”

Having the opportunity to practice flying the Osprey, even if only in a simulator, allowed the officials to see the importance of the aircraft and the high-quality training the pilots experience, according to Maj. John P. Arnold, the current operations officer with Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

“It is important for the ambassador

and local officials from both Okinawa and mainland Japan to see our simulators,” said Arnold. “We can set any environment or condition in the simulator, which allows us to show them how safe this aircraft is.”

In addition to sharing the missions and capabilities originating on Futenma, the officials were briefed on the safety measures taken before going into an operation, according to Toshihiko Matsumoto, the deputy director general with the Okinawa Defense Bureau.

“I was very impressed with the Marine Corps’ (initiative) to operate the aircraft safely,” said Matsumoto.

Each visitor sat in the pilot’s seat of the simulator and conducted his or her own flight mission.

“I think they all did a great job in the simulator,” said Arnold. “They all flew for a while without me having to do anything. Hopefully, now that they have had this (experience) they will be more comfortable with Osprey (operations).”

That afternoon, the officials parted ways with an increased awareness of the capabilities and importance of the Osprey, as well as the safety measures put into a flight mission, according to Flynn.

“Visits such as this show that

we are exercising flight operations here at Futenma in accordance with local procedures,” said Flynn. “We want to show that we are concerned with how we operate and how it is perceived by the local community members of Okinawa.”

“I think the officials walked away from this with a better understanding of how we operate,” Flynn explained. “They will also have a better appreciation (for the aircraft) by seeing firsthand, through the simulator, how professional our air crews are conducting themselves.”

MTX from pg 1

“Typically, our job as a maintenance battalion is to recover damaged assets,” said Nunn. “During deployments, those assets are most likely damaged due to events such as an (improvised explosive device). We’ll bring those assets to the smaller units by disassembling them for repair and reissue, if possible.”

One reason logistics Marines must stay effective and efficient at their jobs is to ensure every Marine stays as safe as possible, according to Morales. Because they are out in the field they have to take additional safety precautions.

3rd Maintenance Bn. will serve in a logistics capacity in upcoming exercises which will require the Marines to perform several tasks that are different than their usual roles including organizing maintenance workers, transporting them appropriately, addressing first aid and sanitary needs, according to Morales.

Job proficiency is also a fundamental aspect of maintaining team organization, according to Nunn.

“I believe in skills, will and teamwork,” said Nunn. “If we have the skills to complete our Marine Corps tasks according to our training and readiness standards, then we’ll have the confidence, or will, to continue to do it better. That will help build confidence as a team, increasing unit cohesion and effectiveness.”

The field exercise has helped more than just the Marine units involved; the medical staff has reaped benefits as well.

“This (operation) has been a great opportunity for me,” said Petty Officer 1st Class Alex Acosta, an independent corpsman with 3rd Medical Bn., 3rd MLG, III MEF. “This has been a great leadership opportunity. I’m running my own battalion aid station, and my own corpsmen. I love the personal growth (this training has provided).”

After all the training was completed, the Marines left the exercise more confident in their abilities, signifying mission success, according to Nunn.



Brig. Gen. Niel E. Nelson uses a cutting torch during his visit Jan. 29 to the Kin Blue Training Area during Maintenance Training Exercise 14-1. The event gave Marines with 3rd Maintenance Battalion a chance to hone their skills prior to conducting missions the battalion will support in the coming months. Nelson is the commanding general of 3rd Marine Logistics Group, III Marine Expeditionary Force. Photo by Lance Cpl. Pete Sanders

“I think everybody here did great,” said Nunn. “We accomplished every objective. We gave them missions, and tried to surprise them with realistic scenarios. (The exercise) gave them the opportunity to perform their own command and control; do their own planning. I’m very proud of each and every Marine out here.”

Please visit www.youtube.com/3MEFcpcap for video coverage of the event.

Okinawans, Marines complete bilate

Story and photos by Cpl. Matthew Manning

OKINAWA MARINE STAFF

The whirring blades of the helicopter cut through the air, as sirens echo throughout the installation. First-responders sprint to assist simulated victims in the aftermath of a disaster scenario.

Members of the Kin Town Office, Kin Town Fire Department, Ishikawa Police Station and the Okinawa Prefectural Police completed a bilateral humanitarian assistance and disaster relief exercise with Marines from Camp Hansen Jan. 29 to increase disaster preparedness.

The exercise scenario was based on the aftermath of a devastating earthquake and tsunami, which could potentially destroy Kin Town's

designated evacuation routes and locations.

"Today was our first bilateral disaster-preparedness exercise between Camp Hansen and the Kin Town Office, Kin Town Fire Department, Ishikawa Police Station and the Okinawa Prefectural Police," said Maj. Andrew A. Merz, camp operations officer for Camp Hansen. "It was designed to improve our coordination and communication with those emergency response entities and create an environment where we can work together and where we can bring them onto the camp and let them use camp facilities and space in execution of a possible real-world disaster scenario."

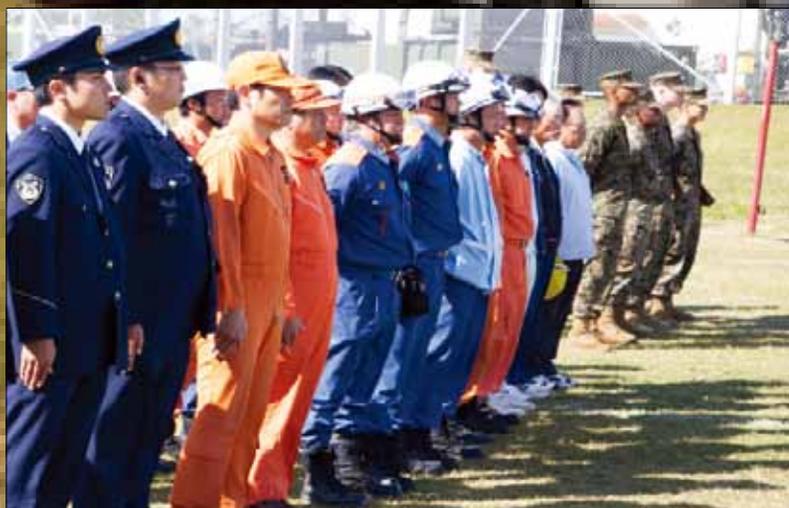
Kin Town and Camp Hansen share a close friendship and look to strengthen that friendship by working together to prepare for disasters, according to Tsuyoshi Gibu, mayor of Kin Town.

"I am very glad to participate in this exercise with the Okinawa Prefectural Police and the Marine Corps of Camp Hansen," said Gibu. "Since the Great East Japan Earthquake and subsequent tsunami in 2011, the people of Kin Town have paid more attention than before to disaster preparedness. We always have to keep in mind to protect ourselves from danger and are strongly required to cooperate with each other efficiently, ensuring the safety of the lives of the people of Kin Town."

Although there is not an official disaster-preparedness agreement between Kin Town and Camp Hansen yet, the exercise will help in developing one, according to Merz.

"I think today went very well, but it is just a starting point," said Merz. "We are only going to get better from here and be able to bring in more

Emergency first-response by ambulance during a exercise Jan. 29 at Camp Hansen. Emergency personnel were brought aboard Camp Hansen Police helicopter for the



Members of the Kin Town Office, Kin Town Fire Department, Ishikawa Police Station, Okinawa Prefectural Police and Marines from Camp Hansen stand in formation for the closing ceremony of a bilateral humanitarian assistance and disaster relief exercise Jan. 29 at Camp Hansen. "I think today went very well, but it is just a starting point," said Maj. Andrew A. Merz, camp operations officer for Camp Hansen. "We are only going to get better from here and be able to bring in more capabilities. There will be more things the Marines can do and more things the local authorities can offer as well. We will be able to get to a more formal agreement in the future."



General disaster-preparedness exercise

capabilities. There will be more things the Marines can do and more things the local authorities can offer as well. We will be able to get to a more formal agreement in the future."

During the exercise, simulated evacuees were brought aboard Camp Hansen by bus, ambulance and an Okinawa Prefectural Police helicopter.

Upon the evacuees' arrival, the emergency responders triaged a variety of simulated casualties and escorted a group of preschool children to a safe location.

"We never know when a disaster will strike and it is important that children are able to listen and follow their teachers, so they can move to safety during a disaster," said Masanori Kinjo, inspector chief of security section with the Ishikawa Police Station.

Emergency responders prepare to transport a simulated evacuee to safety during a bilateral humanitarian assistance and disaster relief exercise at Camp Hansen. The evacuee was flown to the temporary evacuation site at Camp Hansen by the Okinawa Prefectural Police Aviation Unit. Emergency responders were able to triage the evacuee. Evacuees were brought to Camp Hansen by bus, ambulance and an Okinawa Prefectural Police helicopter.



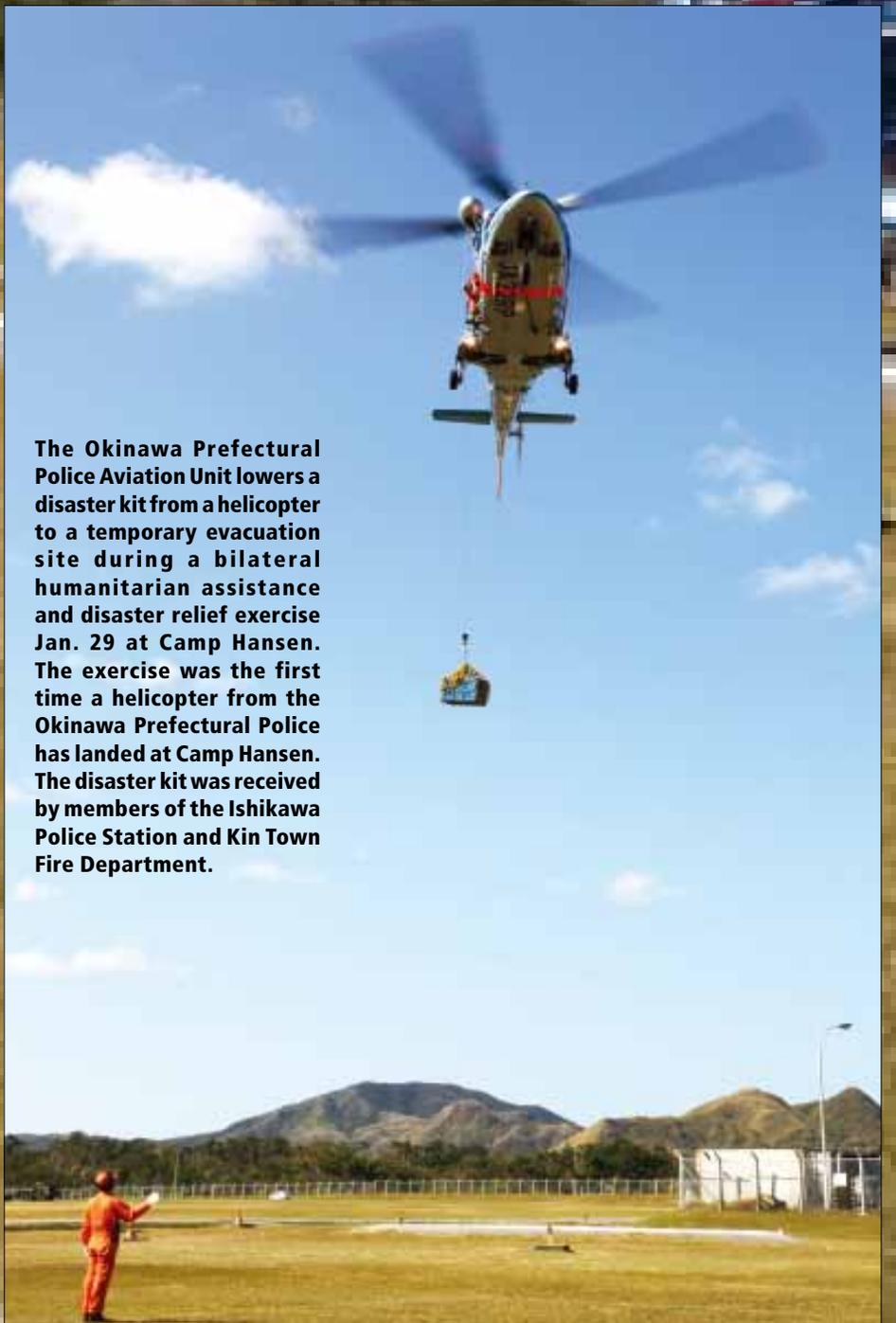
Emergency first-responders triage Yoshimori Uema during a bilateral humanitarian assistance and disaster relief exercise Jan. 29 at Camp Hansen. Uema was a role player who was suffering a simulated injury as part of the exercise scenario, which was an earthquake and subsequent tsunami. The participating emergency first-responders were with the Kin Town Fire Department, Ishikawa Police Station and the Okinawa Prefectural Police.



The Okinawa Prefectural Police Aviation Unit lowers a disaster kit from a helicopter to a temporary evacuation site during a bilateral humanitarian assistance and disaster relief exercise Jan. 29 at Camp Hansen. The exercise was the first time a helicopter from the Okinawa Prefectural Police has landed at Camp Hansen. The disaster kit was received by members of the Ishikawa Police Station and Kin Town Fire Department.



An Ishikawa police officer escorts preschool children off a bus during a bilateral humanitarian assistance and disaster relief exercise Jan. 29 at Camp Hansen. The exercise scenario, which was the first of its kind on Camp Hansen, was based on the aftermath of a devastating earthquake and subsequent tsunami. Children acted as simulated evacuees for the exercise. After their simulated evacuation, the children were led to a safe location by first-responders.





Destinee S. Stone executes a rear-hand punch Jan. 30 during a Marine Corps Martial Arts Program portion at the Jane Wayne day at Marine Corps Air Station Futenma. This event taught the participants efficient ways to defend themselves. Stone is the wife of 2nd Lt. Hamilton A. Stone.
Photo by Lance Cpl. Cedric R. Haller II

Spouses charge through Jane Wayne day

Lance Cpl. Cedric R. Haller II
OKINAWA MARINE STAFF

Commands of execution and vicious screams rang loud in the participants' ears as they quickly learned to follow every order with intensity and without hesitation or question.

These spouses experienced a little of what it takes their Marines to earn the eagle, globe and anchor emblem every day.

Marine Air Control Squadron 4 hosted a Jane Wayne day Jan. 30 at Marine Corps Air Station Futenma to give Marine spouses a taste of the experiences that their Marines endure, and to resolve common misconceptions about the Marine Corps.

"(Jane Wayne day) is an event designed to either introduce or further explain the Marine Corps and what (the spouses' Marines) do on a regular basis," said 1st Lt. Nathan D. Romig, a squadron training officer with MACS-4, Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

The event began with the participants meeting their "drill instructors," which is the first step enlisted Marines take before earning the title Marine.

"It was (eye-opening) for us to experience and understand a little bit of what our husbands go through in boot camp," said Jessica L. Abreu, a substitute teacher for Lester Middle School on Camp Lester and wife of Chief Warrant Officer Sergio Abreu.

The event also consisted of various challenges such as running the obstacle course, effectively defending themselves using Marine Corps Martial Arts Program techniques, and firing a rifle

using proper rifle marksmanship principles at an indoor-simulated marksmanship trainer. The group also watched a military working dog demonstration and toured MACS-4 facilities.

"You want to try and find out what the spouses want to do and see what it is we can support," said Romig. "We created a concept of what we thought would be best and put together a schedule, got the personnel together and the facilities locked on, so we could do (the things the spouses want)."

The event was challenging and informative for the participants and fun for the Marines and spectators watching and supporting the spouses.

"(Watching my wife participate was) totally enjoyable!" said Capt. Caleb W. Sackett, the assistant operations officer for MACS-4 and husband of Ashu M. Sackett, a participant at the event. "From my perspective, it was satisfying knowing that she got an opportunity to see what I (experience) on a day-to-day basis."

The participants soaked-in the information given to them by the instructors and gained a much better understanding of their Marines' occupations, according to Destinee S. Stone, an art teacher at Kinser Elementary School on Camp Kinser and wife of 2nd Lt. Hamilton A. Stone.

The event bridged the gap between Marine and spouse and encouraged the staff at MACS-4 to facilitate more events like this in the future.

"If you really want to understand what your spouse does, then you should come (to Jane Wayne day)," said Stone. "This event was the answer to all of my questions!"

Marines build teamwork, combat skills during competition

Lance Cpl. Elizabeth A. Case
OKINAWA MARINE STAFF

The sky is dark, and the Marines have only headlamps and flashlights to see the small parts they must precisely place in the correct spot.

"Let's go! Let's get these weapons put back together," encourages a Marine to his peers as they race to assemble a variety of weapons laid before them.

After a quick weapon functions check, the Marines are now tasked with quickly disassembling the weapons.

This was one of the events executed by the Marines of 3rd Law Enforcement Battalion as they competed in a squad competition hosted by the battalion Jan. 30 at Camp Hansen.

"We hosted this competition to test the Marines on their combat skills," said 1st Lt. Ryan L. Trunk, the training officer for Headquarters and Support Company, 3rd LE Bn., III Marine Expeditionary Force Headquarters Group, III MEF. "Specifically, we wanted to test their ability on programming radios, using crew-served weapons and check their overall combat fitness. We also want to instill a sense of competition between the companies."

During the events, the Marines were split into squads between their companies and used grid coordinates to navigate to their various task stations.

Their challenges included an uphill tire flip, Humvee push, memory game, and completing a set of 200 pull-ups, 600 pushups, 600 squats and 600 crunches total as a squad.

In addition to the competitive nature of the events, the Marines learned more about the importance of unit cohesion.

"These types of events are important for team building," said Staff

Sgt. Oliver P. Bickel, a platoon sergeant with Company C, 3rd LE Bn. "A majority of these Marines weren't actually from my platoon, but working with them over the past four to five hours has really shown me what they are capable of. They were amazing out there."

The squads met at a final station where they competed in a ground-fighting match.

"I think the most important thing the Marines learned today was how far they can push (themselves)," said Bickel. "Our team started off with one of the longest (hikes) in the entire event. They pushed through the entire time. Toward the end of the day, I was definitely feeling it, but just seeing how well the Marines react and how motivated they are absolutely made me want to be better."

At the conclusion of the competition, members of team one, Company A, finished in first place.

"You have to test your skills throughout the whole battalion," said Trunk. "The Marines learned where the bar is set and if they have to make any improvements, or if they have been doing well compared to their peers. I enjoy watching the Marines get excited about the competition. This is going to become a regular event where we can present a plaque to the winning company each time."

Even though only one team was victorious at the end of the day, it was the competitiveness and teamwork of the Marines that made the event successful.

"The Marines did amazing," said Bickel. "They definitely did everything we asked of them and then some. I am absolutely amazed by the generation of Marines coming in now. It gets harder, the older we get, but seeing these young guys run around and (perform at such a high level), makes me absolutely proud to be here. I can't do that without them."



Lance Cpl. Tywan L. Davis, left, assembles the M249 squad automatic weapon Jan. 30 while his fellow Marines hold flashlights for him to see during 3rd Law Enforcement Battalion's squad competition at Camp Hansen. For this portion of the competition, groups of three Marines out of a squad were required to assemble, perform a function check and disassemble a variety of weapons, including the M16A4 service rifle, the M240B medium machine gun and the M9 service pistol. Davis is an administrative specialist with Headquarters and Support Company, 3rd LE Bn., III Marine Expeditionary Force Headquarters Group, III MEF. Photo by Lance Cpl. Elizabeth A. Case

Marines host Ginowan Fire Department for firefighter rodeo

Story and photos by Lance Cpl. Stephen D. Himes

OKINAWA MARINE STAFF

Before the advent of sophisticated technology, buckets of water would be passed by a line of people to fight fires. This method was known as a “bucket brigade” and is rarely found these days except of course during firefighter rodeos.

This was the final and tie-breaking event during a friendly competition pitting teams from Ginowan City Fire Department, Headquarters and Headquarters Squadron, and Marine Wing Support Squadron 172, Jan. 31 at Marine Corps Air Station Futenma.

H&HS is part of MCAS Futenma, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. MWSS-172 is part of Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

“This was an amazing and fun event organized by the Marines,” said Chinen Masaya, the rescue squad sub-leader for the Ginowan City Fire Department. “It is a rare opportunity to work with Marines, and we want to take advantage of that any chance it’s available.”

The event was an opportunity to further strengthen ties with the local community.

“We have an agreement with the (Ginowan City Fire Department) to work together whenever necessary,” said Chief Warrant Officer Timothy W. Killebrew, the fire and emergency services officer for H&HS. “This event was designed to help create a personal relationship with them in an attempt to further strengthen our ties with the city of Ginowan.”

Increasing the ties between the unit and the local community helps lay the foundation required to improve the relationship between the Marine Corps and the island of Okinawa, according to Killebrew.

The friendly competition helped fortify the rapport from both sides while testing each department in basic firefighting activities.

“Each event included some aspect of the job,” said Cpl. Edgardo Albor, an aircraft rescue and firefighting specialist with H&HS. “The activities ranged in difficulty; some were as simple as how fast you can don your (protective clothing) while others required team cohesion or were a test of strength, such



Marines pass buckets of water during the bucket brigade event Jan. 31 at Marine Corps Air Station Futenma. The bucket brigade represents how firefighters fought fires before the advent of technology such as the hand-pumped fire engine. The Marines are with H&HS, MCAS Futenma, MCB Camp Butler, MCIPAC.

as (relay races) and the Keiser forcible entry sled.”

But the bucket brigade was the crowd favorite, according to Masaya, partially because it was the tie-breaking event, but also because it allowed for reflection on how the pioneers of the field performed their job.

After announcing the GCFD as the winners of the event, the Marines fired up the barbecue grill and spent

some additional time getting to know their fellow Okinawa firefighters.

Both sides mentioned increased anticipation for the next meeting, both professionally and personally.

“I am looking forward to our next meeting,” said Masaya. “It would be a tremendous honor if we could arrange for the Marines to join us at the Ginowan fire station.”



Airman 1st Class Nathaniel Tieden dons his protective clothing during a firefighter rodeo Jan. 31 at Marine Corps Air Station Futenma. Each of the various exercises during the firefighter rodeo style event tested the skills of the contestants in multiple aspects of their daily tasks. Tieden is a fire protection specialist with Fire Protection Flight, 18th Civil Engineering Squadron, Civil Engineering Group, 18th Wing, currently assigned to Headquarters and Headquarters Squadron, MCAS Futenma, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

Engineers master road construction

Lance Cpl. Stephen D. Himes

OKINAWA MARINE STAFF

Standing next to wheels taller than most men, the Marines climb aboard the heavy-equipment machinery that shakes the earth with the start of their engines in sequence.

As the engines bellow, the earth movers slowly transform unsettled ground into drivable roadway.

Heavy-equipment operators with heavy equipment platoon, Support Company, 9th Engineer Support Battalion, refined their road-making proficiency with several vehicles including the 120M motorized road grader, medium crawler tractor-bulldozer and the 621-G tractor-scraper Jan. 27-31 at Camp Hansen.

9th Engineer Support Battalion is with 3rd Marine Logistics Group, III Marine Expeditionary Force.

Roads are the lifeline of logistics in combat, according to Chief Warrant Officer Lucan C. Depas, the heavy equipment platoon commanding officer, 9th ESB. Each Marine will spend some time in every machine to provide them with exposure to help the unit be ready to mobilize at a moment's notice.

"They are working on the seven-step military road process," said Lance Cpl. William L. Moise, a combat engineer with the company. "The process maps out the procedures

required to construct a fully operational road."

The seven-step process allows for the construction of deliberate roads that use quarried materials and are surveyed, staked and designed for long-term use. Alternatively, hasty roads use available materials to repair existing roads and are intended to be temporary. The Marines created hasty roads for this training.

"The construction of the seven-step military road is one of the most important capabilities of a heavy-equipment platoon," said Staff Sgt. Christian J. Keyser, the platoon's operations chief. "This training enables younger Marines to sharpen and build on their skills while allowing the more senior Marines a chance to pass on their knowledge."

While the Marines learn the step-by-step techniques and foundational skills at their military occupational school, it is up to the unit to advance those skills and keep them current.

"It's better to learn how to employ the machinery here (within their unit)," said Depas. "Here with the unit, we can invest time and attention into each individual Marine, so they are fully prepared to operate the machinery in any condition."

This knowledge will permit the unit to assist more frequently in the future thanks to their continued focus on excellence, according to Keyser.

"By completing this training these Marines



Cpl. Sal J. Flores drives a 120M motorized road grader Jan. 28 at Range 16 on Camp Hansen. Flores is a combat engineer with heavy equipment platoon, Support Company, 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force. Photo by Lance Cpl. Stephen D. Himes

will have significantly improved their skills," said Keyser. "This increased capability will add to the unit and III MEF's ability to mobilize whether in a combat environment or during operations other than war, such as humanitarian missions."

Marines breach entryways, maintain response readiness

Cpl. Jose D. Lujano

OKINAWA MARINE STAFF

Stacked together just a few steps from a locked door, Special Reaction Team Marines prepare to execute a basic breach technique. Using the power of a shotgun to shatter the secured door's lock, they rush in to secure the area.

Marines with the Provost Marshal's Office conducted basic breaching using the M1014 joint service combat shotgun Jan. 28 on Camp Hansen.

The Provost Marshal's Office is with Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific

"The team is comprised of military police personnel trained to provide installation commanders (with) the internal ability to counter or contain a special-threat situation involving potential loss of life, limb or property surpassing normal law enforcement capabilities," said Staff Sgt. Jordan G. Hardy, the SRT commander.

Live-fire training enhances the team's ability to isolate a crisis scenario by providing proficient marksmanship support, conducting tactical movement, and building entry and clearing, according to Hardy.

"Since the team is expected to successfully conduct unique and advanced missions, basic breaching is a fundamental required for the more advance training, which maintains operational readiness and confidence in the team's craft," said Hardy.

During the training, the Marines fired approximately 50 rounds of zinc-compound shotgun rounds.

"We come out to the range frequently, and regardless if it is one round or 100 it allows us to have the knowledge and a better sense of judgment when solving problems," said Cpl. Corbin L. Renner, a military policeman with the team. "It helps to execute critical decisions when carrying out different missions because we know our weapons systems and the different effects of the ammunition."

Teamwork, camaraderie and trust are required for the team to be effective and efficient in the line of duty.



Marines with the Special Reaction Team breach an entryway using the M1014 joint service combat shotgun Jan. 28 at Camp Hansen. The team's continuous training allows it to maintain the readiness required to respond to a wide range of emergencies with speed, proficiency and effectiveness when the call is made. The team is with the Provost Marshal's Office, Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. Photo by Cpl. Jose D. Lujano

The SRT needs to be more cohesive than the average team because when armed and ready to take on a mission it has to be confident and know its role, so it's not bumping heads while carrying a live weapon, according to Lance Cpl. Michael A. Fuentez, a military policeman with the team.

"We know one person cannot breach the building and take down the target alone," said Fuentez. "Therefore, we have to trust the Marines left and right to have our back."

The team members' continuous training cycle allows them to maintain the readiness to respond to a wide range of emergencies with speed, proficiency and effectiveness when the call is made.

"With a team like ours, our brothers and sister at the installations can depend on us to be completely prepared to defend their safety while in the line of duty," said Renner.

In Theaters Now

FEB. 7 - 13

FOSTER

TODAY Labor Day (PG13), 6 p.m.; 47 Ronin (PG13), 9:00 p.m.
SATURDAY The Nut Job (PG), noon; Labor Day (PG13), 3 p.m. & 6 p.m.; Devil's Due (R), 9 p.m.
SUNDAY The Nut Job (3-D) (PG), 1 p.m.; Walking With Dinosaurs (3-D) (PG13), 4 p.m.; Labor Day (PG13), 7 p.m.
MONDAY Labor Day (PG13), 7 p.m.
TUESDAY Ride Along (PG13), 7 p.m.
WEDNESDAY Devil's Due (R), 7 p.m.
THURSDAY Labor Day (PG13), 7 p.m.

KADENA

TODAY The Nut Job (PG), noon; Ride Along (PG13), 2:30 p.m.; Frozen (3-D) (PG), 4:45 p.m.; Labor Day (PG13), 7:00 p.m.; Lone Survivor (R), 9:30 p.m.
SATURDAY Frozen (PG), 11 a.m.; Ride Along (PG13), 1:15 p.m.; The Nut Job (3-D) (PG), 4 p.m.; Labor Day (PG13), 6:30 p.m.; American Hustle (R), 9:15 p.m.
SUNDAY The Nut Job (3-D) (PG), 11 a.m.; Ride Along (PG13), 1:15 p.m.; Labor Day (PG13), 4 p.m.; Jack Ryan: Shadow Recruit (PG13), 6:30 p.m.; Ride Along (PG13), 9 p.m.
MONDAY The Nut Job (PG), 4:30 p.m.; Labor Day (PG13), 7:30 p.m.
TUESDAY The Nut Job (3-D) (PG), 4:30 p.m.; Ride Along (PG13), 7:30 p.m.
WEDNESDAY Ride Along (PG13), 4:30 p.m.; Lone Survivor (R), 7:30 p.m.
THURSDAY The Nut Job (PG), 4:30 p.m.; Jack Ryan: Shadow Recruit (PG13), 7:30 p.m.

COURTNEY

TODAY Labor Day (PG13), 6 p.m., 9:00 p.m.
SATURDAY The Nut Job (PG), 3 p.m.; Out of the Furnace (R), 6 p.m.
SUNDAY Saving Mr. Banks (PG13), 3 p.m.; Labor Day (PG13), 6 p.m.
MONDAY Anchorman 2: The Legend Continues (PG13), 7 p.m.
TUESDAY Closed
WEDNESDAY Labor Day (R), 7 p.m.
THURSDAY Closed

FUTENMA

TODAY Ride Along (PG13), 6:30 p.m.
SATURDAY Closed
SUNDAY Labor Day (PG13), 4 p.m.; Jack Ryan: Shadow Recruit (PG13), 7 p.m.
MONDAY Devil's Due (R), 6:30 p.m.
TUESDAY-THURSDAY Closed

KINSER

TODAY Labor Day (PG13), 6:30 p.m.
SATURDAY Ride Along (PG13) 3 p.m.; The Wolf of Wall Street (R), 6:30 p.m.; Labor Day (PG13), 6:30 p.m.
SUNDAY The Nut Job (PG), 1 p.m.; The Nut Job (3-D) (PG), Ride Along (PG13) 3:30 p.m.; Labor Day (PG13) 6:30 p.m.
MONDAY-TUESDAY Closed
WEDNESDAY Jack Ryan: Shadow Recruit (PG13), 6:30 p.m.
THURSDAY The Secret Life of Walter Mitty (PG), 6:30 p.m.

SCHWAB

TODAY Ride Along (PG13), 6 p.m.; Labor Day (PG13), 9:00 p.m.
SATURDAY Devil's Due (R), 6 p.m.; Labor Day (PG13), 9:00 p.m.
SUNDAY Jack Ryan: Shadow Recruit (PG13), 4 p.m.; Labor Day (PG13), 7:00 p.m.
MONDAY The Wolf of Wall Street (R), 7 p.m.
TUESDAY Labor Day (PG13), 7 p.m.
WEDNESDAY-THURSDAY Closed

HANSEN

TODAY Labor Day (PG13), 6:30 p.m.; Lone Survivor (R), 10 p.m.
SATURDAY Labor Day (PG13), 6 p.m.; Jack Ryan: Shadow Recruit (PG13), 9:30 p.m.
SUNDAY Devil's Due (R), 2:30 p.m.; Labor Day (PG13), 6 p.m.
MONDAY Ride Along (PG13), 7 p.m.
TUESDAY The Secret Life of Walter Mitty (PG), 7 p.m.
WEDNESDAY The Wolf of Wall Street (R), 7 p.m.
THURSDAY Jack Ryan: Shadow Recruit (PG13), 7 p.m.

THEATER DIRECTORY

CAMP FOSTER 645-3465
KADENA AIR BASE 634-1869
(USO NIGHT) 632-8781
MCAS FUTENMA 636-3890
(USO NIGHT) 636-2113
CAMP COURTNEY 622-9616
CAMP HANSEN 623-4564
(USO NIGHT) 623-5011
CAMP KINSER 637-2177
CAMP SCHWAB 625-2333
(USO NIGHT) 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing and 3-D availability visit www.shopmyexchange.com.



SINGLE MARINE PROGRAM EVENTS

For more information or to sign up, contact the Single Marine Program at 645-3681.

PINEAPPLE PARK & EXPO PARK

• SMP is hosting two trips to Pineapple Park and Expo Park. The trip for southern camps is Feb. 15 and the trip for northern camps is Feb. 16. For more information, call the SMP office at the number above.

FUTENMA BATTLE SITES TOUR

• SMP is hosting a trip Feb. 25 to historical battle sites and memorials on Okinawa, including Kakuza Ridge, the Japanese Navy Underground, and Peace Prayer Park. For more information, call the SMP office at the number above.

Mention of any company in this notice does not imply endorsement by the Marine Corps.

TEST YOUR CORPS KNOWLEDGE:

When was Marine Corps aviation born?

See answer in next week's issue

LAST WEEK'S QUESTION:

Who was the oldest Marine recruit to graduate boot camp?

ANSWER:

Paul Douglas was 50 years old when he graduated from Parris Island in 1942. He fought on Peleliu and Okinawa, earning a bronze star and two purple hearts. He retired as a lieutenant colonel and served as a U.S. senator.



Japanese phrase of the week:

“Toire wa, doko desu ka?”

(pronounced: Toh-ee-rey-wah, doh-koh-dehs-kah)

It means “Where is the toilet?”

CHAPLAINS'

ORNER

Personal transformation



Lt. Cmdr. Harvey Macklin

COMBAT LOGISTICS REGIMENT 35 CHAPLAIN

Have you ever had “one of those days?” Life inevitably brings circumstances that challenge us beyond our current levels of experience or education. If only we had foreknowledge of these occasions! Unfortunately, life keeps us guessing. So we have to develop strategies to rise above these circumstances. Often we get stuck at good intentions, which are simply knowledge unexecuted. But if we are to be successful in life we must choose to go beyond knowledge, into action!

So, how do we successfully engage our challenges? It starts by gaining a broader perspective ... looking beyond today! When we acknowledge that where we are today is not where we want to be in the future, then we can begin finding the motivation to learn and grow and improve ourselves!

There are four keys to executing a personal transformation of this nature: first, start by embracing who you are – God created you as a unique individual and has a specific plan for your life. Next, stimulate

your spiritual and intellectual awareness – read, learn, grow! Third, cultivate motivational values – discover the ideals that drive you and allow them to take root and grow. Lastly, model your beliefs – become someone others want to emulate.

As individuals we are all called to rise to the challenges set before us. By seeking transformational spiritual and academic knowledge, we become equipped to more effectively execute the tasks ahead of us – enabling forward progress. Through raising our own personal levels of expectation and taking ownership of the tasks we encounter, we directly impact the way we view the world around us. We no longer see ourselves as victims of our circumstances but as overcomers – better and stronger for the experience! The knowledge we gain, whether spiritual or academic, enlightens us to our strengths and weaknesses. As this knowledge grows, our personal understanding of our abilities and competencies builds to produce a deeper understanding of how to successfully engage the circumstances life throws at us. Next time you are having “one of those days” look at it as an opportunity for transformation!

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT WWW.MCIPAC.MARINES.MIL AND LOOK UNDER “AROUND MCIPAC”